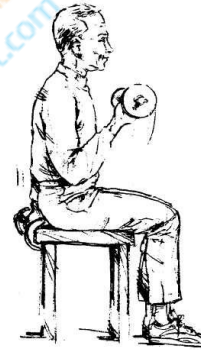


# Triceps Strengthening

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Sit or stand with back support.

Start with elbow bent, and gradually bring the elbow to straight position

Make sure the movement is slow and controlled

Do not use any weight initially. Once, able start with weight.

Repeat 3 sets of 10.

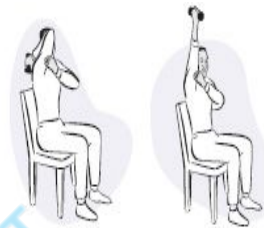
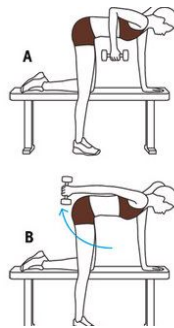
Triceps Strengthening Against Gravity:

Start at the position as shown in the picture.

Gradually, bring your elbow in straight position.

Start without any external weight in the beginning and add weight when able.

Repeat 3 sets of 10 reps.



This is an alternative position for those who can not tolerate the position described in the previous slide.

You can choose to stand or sit with feet flat on the ground.

Start with shoulder full flexed and elbow bent. Gradually straighten the elbow.

Repeat 3 sets of 10.